

Farmers Market Fresh

Broccoli Mandarin Orange Salad

Ingredients:

Serves 6

5 cups broccoli florets
2 tbsp almonds
2 11 oz. cans of mandarin orange sections,
well drained
1 orange, grated, peeled and juiced
5 green onions, chopped
3 tbsp white vinegar
1 tbsp sugar
1 tbsp olive oil
salt and pepper to taste



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

Farmers Market Fresh

Broccoli Mandarin Orange Salad

Ingredients:

Serves 6

5 cups broccoli florets
2 tbsp almonds
2 11 oz. cans of mandarin orange sections,
well drained
1 orange, grated, peeled and juiced
5 green onions, chopped
3 tbsp white vinegar
1 tbsp sugar
1 tbsp olive oil
salt and pepper to taste



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

Farmers Market Fresh

Broccoli Mandarin Orange Salad

Ingredients:

Serves 6

5 cups broccoli florets
2 tbsp almonds
2 11 oz. cans of mandarin orange sections,
well drained
1 orange, grated, peeled and juiced
5 green onions, chopped
3 tbsp white vinegar
1 tbsp sugar
1 tbsp olive oil
salt and pepper to taste



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

Farmers Market Fresh

Broccoli Mandarin Orange Salad

Ingredients:

Serves 6

5 cups broccoli florets
2 tbsp almonds
2 11 oz. cans of mandarin orange sections,
well drained
1 orange, grated, peeled and juiced
5 green onions, chopped
3 tbsp white vinegar
1 tbsp sugar
1 tbsp olive oil
salt and pepper to taste



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

Directions:



1. Steam broccoli flowerets in covered saucepan for three minutes only. Remove quickly and rinse with cold running water until broccoli is no longer warm. Place in serving bowl and chill, covered.
2. In a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients except for salt and pepper. Toss gently and allow to stand at room temperature for about 15 to 30 minutes.
3. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently. Season to taste with salt and pepper and serve.

This recipe was modified from Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP.

Directions:



1. Steam broccoli flowerets in covered saucepan for three minutes only. Remove quickly and rinse with cold running water until broccoli is no longer warm. Place in serving bowl and chill, covered.
2. In a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients except for salt and pepper. Toss gently and allow to stand at room temperature for about 15 to 30 minutes.
3. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently. Season to taste with salt and pepper and serve.

This recipe was modified from Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP.

Directions:



1. Steam broccoli flowerets in covered saucepan for three minutes only. Remove quickly and rinse with cold running water until broccoli is no longer warm. Place in serving bowl and chill, covered.
2. In a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients except for salt and pepper. Toss gently and allow to stand at room temperature for about 15 to 30 minutes.
3. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently. Season to taste with salt and pepper and serve.

This recipe was modified from Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP.

Directions:



1. Steam broccoli flowerets in covered saucepan for three minutes only. Remove quickly and rinse with cold running water until broccoli is no longer warm. Place in serving bowl and chill, covered.
2. In a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients except for salt and pepper. Toss gently and allow to stand at room temperature for about 15 to 30 minutes.
3. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently. Season to taste with salt and pepper and serve.

This recipe was modified from Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP.